

# Examining the Age Friendliness of Berne, IN

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## ABSTRACT

Aging is an inevitable process that people experience every day. This is an important issue to study because hopefully, it is a process that one day everyone will get to experience. Being able to be educated in the aging process allows for better understanding, preparation, and care to be given to those who go through this process. In addition, it is important to recognize whether communities are age-friendly.

The purpose of this study is to analyze my own community of Berne, Indiana and compare it to the World Health Organization's standards to determine if my community meets the criteria to be considered an age-friendly community. These criteria are: housing, outdoor spaces and built environment, transportation, social environment, community support, and health and wellness services.

## SOCIAL ENVIORNMENT

Senior Center available specifically for residents

- Spend quality time, plan events, and renting options available

Encourage as much openness and independence as possible

Community places an emphasis on the quality of care and culture of freedom

Swiss Village Community has the heaviest presence in the community and encouraging these values

- Plan events for residents, support groups, etc.

Arthur & Gloria Muselman Wellness Pavilion

- Aqua/Water classes
- Weight room/Game room
- Zumba, Yoga, and other cardio classes
- Partnered with SilverSneakers

## HEALTH AND WELLNESS SERVICES

No hospital or Urgent Care in community

- Closet is 20 minutes away

Arthur and Gloria Muselman Wellness Center

- Senior center with specific exercise classes

Activate Red Gold Healthcare

- Physician and Nurse Practitioner

Berne Medical Center

- Physician's office

Berne Outpatient Convenience

- Labs, Radiology, and Respiratory Therapy

The Hope Clinic

- Ultrasounds, pregnancy testing, birth-control, and other services for women

## OUTDOOR SPACES & BUILT ENVIORNMENT

Swiss Village Retirement Community

- 5 ponds with walking paths with fishing
- Bike path

Arthur and Gloria Muselman Wellness Center

- Outdoor shuffleboard court

Munsterberg Plaza and Clocktower

- Open lawn seating for concerts and other planned events for community

South Adams High School

- Open tennis courts, track, and field

Lehman Park

- Sand volleyball court, sidewalk walking path, basketball courts, and public restrooms

Berne Public Pool

- Outdoor pool open to public allowing for lap/leisure swimming

## TRANSPORTATION

Adams County Council of Aging Transportation Services

- Adams County residents aged 60+
- First call-first serve basis for reservation
- Reservation must be made 24 hrs. in advance, but 48 hrs. is preferred
- Trips are offered out of the county, but must be made 2 weeks in advance
- Not permitted to charge fees, but donations based off of distance are accepted

## HOUSING

Swiss Village Retirement Community

- Duplex homes
  - Independent living style
  - Attached garages
  - Full size kitchen, living/dining room, 2 bedrooms, 2 bathrooms, den, and private patio
  - 1359 sq. ft.-1624 sq. ft.
- Independent living apartments
  - Located on main campus of Swiss Village
  - 4 different Houses
  - For active individuals with an independent lifestyle
  - Full size kitchen, living/dining room, bedroom, bathroom, storage area, and some offer 2 bedrooms with 2 bathrooms
  - 636 sq. ft.-1400 sq. ft.
- Residential living
  - Apartments with provided meals and cleaning services
  - 3 meals a day, housekeeping, and yardwork are done for resident
  - 1 or 2 rooms
  - Nurse call system for emergencies
  - 410 sq. ft.-1700 sq. ft.
- Assisted living
  - Healthcare and Dementia Care
  - Short term rehabilitation

Chalet Village Health and Rehabilitation Center

- Skilled nursing care
- Rehabilitation services
- Respite care
- Hospice care

## COMMUNITY SUPPORT

South Adams Senior Center

- Tax Assistance
- Encouraging Volunteerism Opportunities
- Home Delivered Meals
- Insurance Counseling/Legal Services

## CONCLUSIONS

Based off of the examination of the stated criteria from the World Health Organization, my community of Berne, IN can be deemed an age-friendly community. Due to their abundance of services, plethora of opportunities, strong community support, and thriving environment, the community is able to age successfully and be valued throughout that process.

Though the community of Berne, IN meets the criteria of an Age Friendly Community, there are still areas of improvement for the community. It would be in Berne's best interest to place an emergency medical facility in the community to serve the population, especially those who are aging. Another area of improvement that could benefit the community of Berne, IN would be adding more areas for community support. For example, there could be more fun recreational services, such as Bingo Night or other more leisurely activities still enjoyable for the aging community.

## REFERENCES

- Jeste DV, Blazer DG 2nd, Buckwalter KC, Cassidy KK, Fishman L, Gwyther LP, Levin SM, Phillipson C, Rao RR, Schmeding E, Vega WA, Avanzino JA, Glorioso DK, Feather J. Age-Friendly Communities Initiative: Public Health Approach to Promoting Successful Aging. *Am J Geriatr Psychiatry*. 2016 Dec;24(12):1158-1170. doi: 10.1016/j.jagp.2016.07.021. Epub 2016 Jul 28. PMID: 27742528
- Other References Available Upon Request